Blue/Purple, Green, White, Yellow/Orange, and Red - these are the colors of health. Eating a fruit or vegetable in each of these groups should be a daily goal, along with getting 5 to 7 servings of fruits and vegetables daily. Besides the benefits listed below, fruits and vegetables provide you with calcium, fiber, folate, iron, magnesium, potassium, sodium, vitamin A, and vitamin C.

Visit [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov) to find out which fruits and vegetables carry these different vitamins and minerals:

### Blue/Purple
- Healthy aging
- Urinary tract health
- Memory function
- A lower risk of some cancers*

Purple potatoes, Blackberries, Black currants, Blueberries, Dried plums, Eggplant, Elderberries, Plums, Purple figs, Purple grapes, Raisins, Purple asparagus, Purple carrots, Purple cabbage, Purple Belgian endive, Purple peppers

### Green
- Strong bones and teeth
- Vision health
- A lower risk of some cancers*

Avocados, Green apples, Green grapes, Honeydew, Kiwifruit, Limes, Green pears, Artichokes, Arugula, Asparagus, Broccoli, Broccoli, Brussel sprouts, Celery, Cucumbers, Endive, Green beans, Green cabbage, Green pepper, Green onion, Leafy greens, Leeks, Okra, Peas, Spinach, Watercress, Zucchini

### White
- A healthy heart
- Cholesterol levels that are already healthy
- A lower risk of some cancers*

Bananas, Brown pears, Dates, White nectarines, White peaches, Cauliflower, Garlic, Ginger, Jicama, Mushrooms, Onions, Parsnips, Shallots, Turnips, White potatoes

### Yellow/Orange
- A healthy heart
- Vision health
- A healthy immune system
- A lower risk of some cancers*

Apricots, Cantaloupe, Grapefruit, Golden kiwifruit, Mango, Nectarines, Oranges, Papayas, Peaches, Pineapples, Tangerines, Yellow figs, Butternut squash, Carrots, Pumpkin, Rutabagas, Sweet corn, Sweet potatoes, Yellow peppers, Yellow potatoes

### Red
- A healthy heart
- Memory function
- Urinary tract
- A lower risk of some cancers*